

How To Fit Soccer Products

Soccer is one of today's youths most popular sports. Below are fitting tips for the key soccer products.

Determining the Right Size Soccer Ball

The first step in purchasing a soccer ball is determining the proper size for your age group. Many soccer leagues have different size requirements, so be sure to check with your coach to find out which is the proper size. Soccer balls come in three different sizes that range from size 3 to size 5. You need to have the right size ball based on your age group.

Size 3

- Size 3 balls are the smallest balls and are generally used for children under the age of 8.

Size 4

- Size 4 balls are used for players between the ages of 8-12.

Size 5

- This is the international standard match ball for all ages 13 and older, including all adult play.

How To Buy Soccer Shin Guards

Every player participating in an organized soccer game is required to wear shin guards. The Lighthouse Soccer League will not allow you to play without them. They offer excellent protection from serious leg injuries.

Determining the Right Size Shin Guard

It is important that your shin guards fit you properly, ensuring sufficient protection and comfort

- Shin guards should cover most of the area from your ankle to your knee.
- Measure your shin from just below where the knee bends to about 1 inch above your shoe top. This is the proper length of your shin guard.
- Some manufacturers label their shin guard sizes according to age.
- Senior (or large) shin guards are generally designed for players taller than 5'4".
- Junior (or medium) guards are designed for players shorter than 5'4".

Additional Fitting Tips

Player/Position – Consider the position being played when selecting your shin guards:

- Young soccer players should choose a fiberglass shin guard that offers superior protection and is lighter weight than other materials.
- Some more expensive shin guards can be molded and custom designed to fit your leg.
- Ankle protectors are also very important especially in youth soccer.

- Many shin guards include padded ankle protectors that attach to the bottom of the guard.

These protect the ankles and Achilles Tendon against direct kicks, but are soft and flexible enough to not interfere with movement.

Ankle protectors are strongly recommended for players ages 12 and under.

Most shin guards come with hook-and-loop, Velcro-type straps that wrap around the back of the leg for adjustable closure.

Others have no closures and are designed to simply be worn inside the sock.